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'ANOTHER CIRCUS' TRIAL FOR FAHMY

AMAL CLOONEY HOPES TO CONFRONT EGYPT'S PRESIDENT PAGE 6

SMITH SWIFTLY ACCEPTS

Crooner Sam Smith accepts the Best New Artist award from singer Taylor Swfit during the 57th Annual Grammy Awards at the Staples Center in Los Angeles on Sunday. For more on the awards, see page 11. KEVORK DJANSEZIAN/GETTY IMAGES

Nothing stopping land deal: Mayor

Carlton Street. True North chairman Mark Chipman said he was putting project on hold

Mayor Brian Bowman says there's nothing stopping CentreVenture and True North Sports and Entertainment from going ahead with plans to build a $400 million mixed-use development on Carlton Street; the companies just won't do it with millions in city money.

Last week, True North chairman Mark Chipman said he was putting the project on hold because city council had interfered with his deal to buy the land at 220 Carlton Street from CentreVenture.

But Bowman said the city doesn't have the power to cancel that agreement.

"CentreVenture owns the land, not the City of Winnipeg," said the mayor. "CentreVenture has the agreement with True North, so if they still want to go ahead with that deal, then I assume they can."

The sticking point is that CentreVenture also wants the city to give it $3.75 million to complete the deal.

That money is being paid as a penalty by construction firm Stuart Olson, which was supposed to build a hotel on the same site as part of the $180-million Winnipeg Convention Centre expansion project.

On Jan. 28, city council approved a settlement with Stuart Olson, but said it would only forward that money to CentreVenture if a public expression of interest was issued for 220 Carlton Street.

"The issue has always been that CentreVenture sole-sourced a contract for a piece of land where there was already an agreement in place to build a hotel," said Bowman.

"If CentreVenture doesn't want the money, they can do the deal with True North and we'll use that $3.75 million to help balance the budget," he added. COLIN FAST/FOR METRO

At least they're talking

Bowman confirmed this weekend that he has reached out to Mark Chipman and the pair are talking.

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NEWS 1

Logan Avenue

Canine unit tracks down duo after car damage spree

Winnipeg police say a pair of thieves were tracked down after reports of damage to several cars and two garages on Logan Avenue and similar reports in the nearby Weston neighbourhood.

Police said they were called to a business in the 2200 block of Logan Avenue at about 5:15 a.m. on Friday. There, they found six vehicles that had been broken into. Property had been taken from one.

Police and the canine unit searched several blocks, tracking the suspects to Ellington Street near Manitoba Avenue.

The two 18-year-old men are also being charged in connection with two more break-ins: a garage and vehicle on Manitoba Avenue and a garage in the 100 block of Gainsborough Cove.

They face numerous break-and-enter and theft charges.

METRO

Inglewood Street

Trio of teens arrested after break-and-enter

Three teens have been arrested and charged after police found them inside a home on Inglewood Street.

Police said they were called to the home on Saturday afternoon at about 1:30 p.m. There, three boys, aged 13, 14 and 16, were arrested inside the house.

Police discovered a deck in the backyard had been damaged and the broken pieces were used to break windows to gain entry to the house.

Damage to the home is estimated at $5,000.

The 13- and 16-year-old were each charged and released, but the 14-year-old was detained.

METRO

For more local news, visit metronews.ca

Jennet Baby Yorpoi, left, and Musu Kayfay take a look through the books available at Masoud Moradi Children's Library, which opened Friday at Welcome Place. SHANE GIBSON/METRO

A new library for new Canadians

Outreach. Facility for refugee and immigrant children offers reading and writing programs

SHANE GIBSON
shane.gibson@metronews.ca

Refugee and immigrant children new to Winnipeg now have a library to call their own.

The Manitoba Interfaith Immigration Council Inc. (MIIC) opened the doors on the new Masoud Moradi Children's Library on Friday morning.

"This small little library, this small little space that we have will be a place where we will ignite in our children a love to learn, a love for reading, creativity and perhaps just some simple reflection as they turn the pages on the books that are now a part of our collection," said Rita Chahal, MIIC's executive director.

"It's important to us to be able to continue supporting our clients and their families through programs such as this."

Quoted

"A place where we will ignite in our children a love to learn, a love for reading."

Rita Chahal, MIIC's executive director

The MIIC is a voluntary association of faith communities and Manitobans that works to welcome and help refugees and new immigrants settle and integrate into the province.

The library, located at Welcome Place at 521 Bannatyne Ave., is dedicated to the memory of Masoud Moradi, an Iranian refugee who spent his life helping other refugees and newcomers through the MIIC after the association helped him and his family when they arrived in Winnipeg in 1989.

"It's incredibly touching," said Moradi's son Nima, 29, of having his father's name attached to the library.

"This man devoted his life, every day and every minute, he would come to do work and help the community, help immigrants. That was what he lived and breathed."

The library features a dedicated storytelling, reading, and play area stocked with books, games and other interactive devices for children.

The library has reading and writing programming that will continue throughout the year and various other educational activities delivered by volunteers and staff.

Searchers set to reach site of missing ice climber

After days of waiting for the avalanche risk to subside, Parks Canada searchers were finally scheduled on Sunday to set foot on the snow that buried a fellow rescuer in Banff National Park.

Sgt. Mark Anthony Salesse, 44, a search-and-rescue technician based in Winnipeg, was swept off a cliff by an avalanche on Thursday while ice climbing on a slope called the Polar Circus.

His climbing partner searched the snow below but couldn't find him.

Parks Canada staff searched the area by helicopter the following day but considered the avalanche risk too high to allow ground rescuers to enter the area.

They triggered avalanches on Saturday to make the area safer and anticipated ground teams and search dogs would be brought to the area by helicopter on Sunday afternoon.

Brian Webster, a visitor-safety specialist with Parks Canada, said rescuers consider it highly unlikely Salesse could have survived after the first day.

"Based on the reports from his climbing partner who did a thorough search of the area, and also based on our observations from the helicopter where we had a clear view of the accident site, we feel very confident that he was completely buried in the avalanche and he would have been under the snow overnight at any rate," Webster said Sunday in Banff.

"So at that point in time, the situation became non-urgent. It wasn't a rescue; it was more of a recovery effort," he added. THE CANADIAN PRESS

Coun. Jeff Browaty said he wants to hear from more downtown stakeholders before extending the hours of paid parking around MTS Centre. SHANE GIBSON/METRO

Extended-parking issue motors on

Transportation. ASD chairman would like to see Parking Authority provide alternatives

SHANE GIBSON
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The councillor in charge of the committee that looked at extending paid evening parking said he wants to revisit the topic.

Last Wednesday, the executive policy committee voted in favour of sending the Winnipeg Parking Authority's 2015 business plan back to the alternate service delivery (ASD) committee.

Coun. Jeff Browaty, who chairs the ASD committee, told Metro on Friday he's concerned that "members of the public and council didn't understand the proposal and believed it was simply a cash grab."

He also wants to hear from more downtown stakeholders who are either for or against the proposal to extend paid parking hours to 8:30 p.m. from 5:30 p.m. in a specific area around MTS Centre.

"I am concerned that evening paid parking could hurt the new and existing downtown businesses that are doing well and I need to be convinced that the current proposal isn't a mistake," said Browaty, who was on vacation last week, in an email to Metro.

He also believes encouraging turnover is important, since it would dissuade "longer-term parkers" from leaving their vehicles in prime spots for hours on end and overnight.

"I would like to see the Parking Authority provide alternatives to their current proposal for council to consider," he added.

"As well, any changes to the status quo should come with a communications strategy to explain the rationale, although I recognize many people will not like changes to something that was 'free.'"

Quoted

"I am concerned that evening paid parking could hurt the new and existing downtown businesses that are doing well."

Coun. Jeff Browaty, chairman of the alternate service delivery committee

Downtown unit providing home to women, children

A new affordable downtown housing unit aimed at immigrant and refugee women was officially unveiled Friday.

Marie Rose Place, a 38,000-square-foot, 40-unit, six-storey building that cost $11 million to build, is the place "where my happiness reached the sky," said Sarah Al-Kinani during the event.

Al-Kinani, originally from Iraq, immigrated to Canada from Lebanon in 2011. She said she was alone, a recent high school graduate with only a minimum-wage job, unable to afford the place where she was living. Then she was connected with Marie Rose Place.

"I was full of hope; I wanted to live my dreams in a safe country like Canada, but I was also afraid of the challenges I would have of the language barrier," she said.

"My goal is to eventually go to university and get a master's in law.... Thank you, Marie Rose, for giving me a chance to live my dreams; thank you Winnipeg and Canada, my new home."

Facts and figures

Marie Rose Place, which is run by the Holy Names House of Peace and currently counts 51 women and 10 children in residence, received funding from all three levels of government through the Homelessness Partnering Strategy.

Bob Dick, president of Hargrave Holdings, which helped make Marie Rose Place a reality, said he was moved to give the project his support after learning that approximately 100 immigrant and refugee women and single mothers come to Manitoba each year.

"We just felt we were obligated, morally obligated to do something," he said, adding that years ago, he may have questioned a project like this.

"Now ... we have so much, and there are millions of people that have absolutely nothing or next to nothing."

Dick said he had goosebumps and his eyes filled with tears at the reaction of the women when they first saw their new homes.

"One lady sat down on the sofa and put her head in her hands and just wept for 15 minutes," he said.

The women can reside in Marie Rose Place as long as they want. They pay a subsidized rent dependent on income. BERNICE PONTANILLA/METRO

Sarah Al-Kinani, who recently moved into Marie Rose Place, shows Minister Kerri Irvin-Ross one of the affordable apartment suites in the new Edmonton Street building on Friday. BERNICE PONTANILLA/METRO

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Music. Big Sugar goes acoustic for charity show

Who needs electricity to rock out and stay hot?

With Big Sugar's latest album, Yard Style, on tour across our frozen country, frontman Gordie Johnson said they are out to prove they don't need a charge to blow the audience away.

Instead, they warm up the West End Cultural Centre on Friday with only "the sounds of Negril at night," said Johnson: percussion-heavy acoustic reggae.

Johnson calls the show an organic presentation. "We'll be playing wooden folk instruments. Drums made out of tree trunks and goat skins; banjos and harmonicas.

"We've been known for our marathon electric rock shows, but this will be completely different. It's a completely acoustic show," said Johnson. "Yeah, there's no electricity involved, man."

The Acoustical Sounds tour is in support of the charity World Vision.

"We're working with a village in Ethiopia called Jarso," said Johnson. "We're asking our fans to sponsor a couple of hundred children in that village, and our goal is to get every kid in Jarso into school by the end of our tour."

NIGEL MOORE/FOR METRO

Show details

Tickets are $40.75, available at the Winnipeg Folk Festival Music Store and all Ticketmaster locations or at Ticketmaster.ca.

- Seating is first come, first served. The show starts at 8 p.m.

Quoted

"We've been known for our marathon electric rock shows, but this will be completely different.... Yeah, there's no electricity involved, man."

Big Sugar frontman Gordie Johnson

Gordie Johnson, second from right, and Big Sugar. The band is touring Canada in support of its latest album, Yard Style. COURTESY EONE MUSIC

Search for the northern lights just got warmer

Tourism. Pods created by Winnipeg company can be moved to best spots for viewing the aurora borealis

SHANE GIBSON
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Living in southern Manitoba, it's easy to forget how beautiful the northern lights are.

But they've become a tourist destination for those not close enough to the North Pole to see the nightly dance of colours and lights. A Winnipeg company is helping those tourists stay warm and dry on winter trips to see the aurora borealis in Churchill.

Anything Custom, the company behind the Polar Rovers that let tourists get safely up close and personal with polar bears and other wildlife in Churchill, has built a first-of-its kind mobile pod with a specially designed glass roof perfect for looking up at the lights.

"The idea of this is to find the perfect location for seeing the northern lights, pop it down, level it out and then leave it there for the duration of the season," explained Anything Custom's general manager Sheldon Walkoski of the 30-foot-by-10-foot pod that can fit up to 18 people in an interior complete with wood-styled walls and a pellet-burning stove.

"Aesthetically we wanted to give it a rustic, cabin sort of feel."

The pod took around three months to build, but exactly how much it costs is something only the tour company behind the idea, U.S.-based Natural Habitat Adventures, knows.

While trips to see polar bears in the fall have always been popular with American tourists, Steve Selden of Natural Habitat Adventures said winter trips to see the northern lights are becoming increasingly popular.

"We've seen a 30 to 40 per cent increase in winter tours over the last two to three years," he said from the company's office in Boulder, Colo.

"If they want to brave -40 C temperatures, it's kind of a testament to really how much people want to see them."

The new pod is undergoing its final testing at Anything Custom and is expected to be in use in Churchill as early as next weekend.

Anything Custom general manager Sheldon Walkoski, left, and lead welder Eric St. Pierre stand in front of their latest project, a fully mobile pod with a specially designed glass roof for viewing the northern lights in Churchill. SHANE GIBSON/METRO

Quoted

"We've seen a 30 to 40 per cent increase in winter tours over the last two to three years.... If they want to brave -40 C temperatures, it's kind of a testament to really how much people want to see (the northern lights)."

Steve Selden of the U.S.-based Natural Habitat Adventures

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Leadership race. Selinger falls behind in early going

Manitoba Premier Greg Selinger has fallen behind in the early stages of the provincial NDP leadership race.

NDP meetings are being held in constituencies across the province to choose delegates for the March 8 leadership vote that has been forced on Selinger by a caucus revolt.

Selinger has won only one of the 12 meetings so far — a slate of 34 delegates from the Point Douglas constituency that was chosen Sunday.

Selinger trails his two challengers, Steve Ashton and Theresa Oswald, who each have 105 delegates elected from their teams.

The vast majority of the 2,200 delegate spots have yet to be filled, and Selinger's campaign co-manager Kathleen McCallum says the team remains confident.

The NDP called the leadership vote after five senior cabinet ministers, including Oswald, suggested Selinger resign in order to help the party survive the next election, slated for April, 2016.

Not only has Selinger failed to win all but one of the delegate meetings to date, but he has lost meetings in constituencies held by cabinet ministers who support him.

McCallum said Sunday night the Selinger campaign was not worried.

"This is a marathon. It's isn't a sprint," she said.

"I think you're going to see over the next two weeks ... a lot of shifting and movement."

THE CANADIAN PRESS

Campaign

Complaint about union delegates gets dismissed

One of the people running to unseat Manitoba Premier Greg Selinger has lost an appeal over how many union members will get to vote on the party leadership.

The party's appeals committee has rejected a complaint from Theresa Oswald that the Canadian Union of Public Employees has been given 288 delegates to next month's leadership contest.

The party is not commenting on the decision and has not provided reasons for the ruling to the media.

CUPE leaders have endorsed Selinger in the race, and CUPE delegates will account for 13 per cent of all votes on March 8.

The Oswald campaign had said CUPE was entitled to only one delegate under the party's constitution, because its locals in the province are not formally recognized as affiliates of the provincial NDP.

Oswald, Selinger and Steve Ashton are by all accounts in a tight race.

Meetings to choose delegates in each of the province's constituencies are being held over the next three weeks. THE CANADIAN PRESS

Assisted-death ruling sparks charged debate

Supreme Court. Family of Winnipeg woman, who had to travel to Switzerland to end her life, applauds decision

Tears of both despair and joy flowed Friday as Canada's Supreme Court struck down the country's ban on doctor-assisted death.

Right-to-die proponents were ecstatic at being handed the option even as opponents warned of a slippery slope to involuntary euthanasia.

The ruling was welcomed by the family of Susan Griffiths, 72, a Winnipeg woman with multiple system atrophy who travelled to a clinic in Switzerland in 2013 for a physician-assisted death.

Canadian law meant she had to end her life sooner, because she had to go overseas while healthy enough to travel, said her daughter, Natasha Griffiths.

"She had wanted to be surrounded by family and friends, and she had some immediate family with her," Griffiths said. "But also to have close friends who would have been able to see her in the last few days ... all of that was lost."

No one from the Society for Manitobans with Disabilities was available to comment; however, the Council of Canadians With Disabilities and the Canadian Association for Community Living warned that the "most vulnerable" had lost the protection of the Criminal Code.

"At the time when grief and fear may be most powerfully present in our lives, Canadians must now decide for themselves whether life is worth living," the groups said.

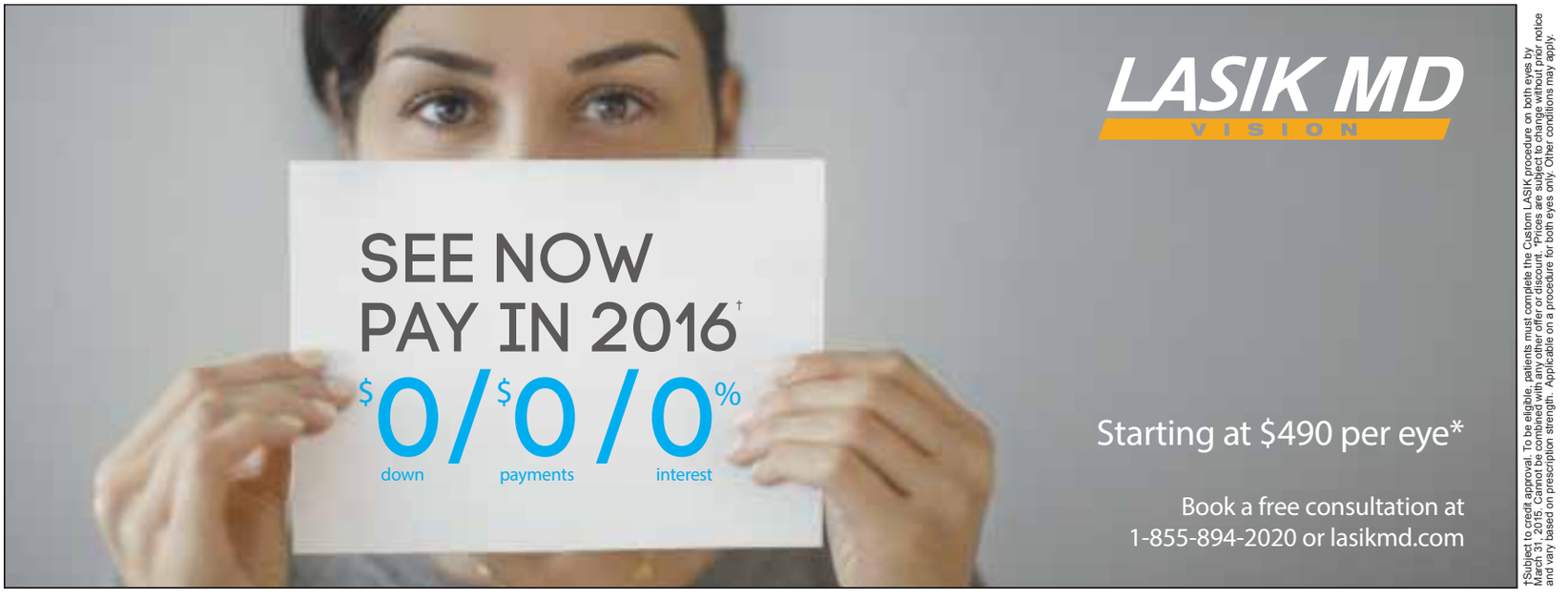
"How shall we ensure that the needs of the dying are not by default secondary to the well-being of the living?"

THE CANADIAN PRESS

Conservative MP Steven Fletcher, seen here with his assistant, has two private bills on assisted dying before the Commons. TORSTAR NEWS SERVICE

What happens next?

- The federal government has 12 months to come up with legislation that recognizes the right of clearly consenting adults who are enduring intolerable suffering to seek medical help in ending their lives — during a possible election year.
- Winnipeg MP Steven Fletcher, who supports lifting the ban and has introduced private members bills of his own on the subject, said the government would have to pass the law before hitting the campaign trail to avoid talking about it during an election.
- "Parliamentarians would rather have their eyes scratched out than deal with this type of issue," said Fletcher, who has been quadriplegic since a car accident in 1996.
- "But that is not a reason not to deal with the issue. This is an existential moral issue that affects everyone that is alive today and everyone who will live in Canada in the future."



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Canadian journalist faces retrial in Egypt over terrorism charges

Cairo. Mohamed Fahmy gave up his Egyptian citizenship to secure his release; now he faces a Feb. 12 court date

Canadian journalist Mohamed Fahmy is set to face a retrial on terrorism-related charges in Cairo this Thursday, a development his family called their "worst nightmare."

Fahmy — who has spent more than a year in an Egyptian prison — was expected to be set free after former Foreign Affairs Minister John Baird said just days ago that his release was "imminent."

But Fahmy's family said Sunday the 40-year-old journalist and his Egyptian colleague will now be re-tried on Feb. 12.

"The trial date on Feb. 12 represents our worst nightmare, to have to go through another circus of a retrial," said Fahmy's brother, Adel.

Fahmy and two colleagues — Australian Peter Greste and Egyptian Baher Mohamed — were working for satellite news broadcaster Al Jazeera English when they were arrested on Dec. 29, 2013.

They were accused of supporting the banned Islamist Muslim Brotherhood group of ousted Egyptian president Mohammed Morsi. They were also charged with fabricating footage to undermine Egypt's national security.

The trio denied all the allegations against them but after a trial that was internationally criticized, Fahmy and Greste were sentenced to seven years in prison, while Mohamed was sentenced to 10 years.

An appeal in January allowed their case to be re-tried, but Fahmy's family hoped diplomatic efforts would secure the journalist's release before the matter went to court again.

Greste was then freed last Sunday under new legislation that allows Egypt's president to deport foreigners convicted or accused of crimes.

Fahmy — who had dual Egyptian-Canadian citizenship — had relinquished his Egyptian citizenship with the hope of being released under the same legislation.

"The authorities visited him before the appeal hearing on January 1, and made a deal with him to renounce it in return for his freedom," Fahmy's brother said.

"It was one of the most difficult decisions he has ever taken that has left him demoralized."

Fahmy's family also expressed their disappointment at the Canadian government.

"We have been let down by the Canadian government's conservative approach in the handling of the case," Fahmy's brother said.

Fahmy's family said, however, that they were now taking matters into their own hands.

"We are now doing the leg work ourselves as a family knocking the doors of the prosecutor, foreign ministry and presidency," they said, adding Amal Clooney, Fahmy's human rights lawyer, has requested a meeting with Egypt's president and will travel to Cairo to press for his release.

"She had planned to fly from L.A. to Toronto to meet Fahmy upon his release but she hopes they can fly together out of Cairo toward freedom," his family said. THE CANADIAN PRESS

Canadian response

Lynne Yelich, minister of state for foreign affairs and consular affairs, said the Canadian government has continued to advocate for Fahmy's immediate release at the highest levels.

- **Concern.** She said Canada is concerned about the retrial announcement despite assurances of Fahmy's release.

B.C. First Nation ordered to evacuate after heavy snowfall

Heavy snow blankets houses as residents of Kitimat, B.C., dig out Saturday afternoon after a snowstorm that left about 180 centimeters piled up, knocking out power and blocking streets in the community of about 800. Haisla First Nation Chief Councillor Ellis Ross called for the evacuation early Sunday morning of Kitamaat Village, one of the only areas near the northern B.C. town that remains without power. ROBIN ROWLAND/THE CANADIAN PRESS

Crime. Tax agency given ability to hand evidence of possible offences to police

The federal revenue agency can now hand the police possible evidence of serious crime — including terrorist activity — that it happens to come across while reviewing taxpayer files.

The Canada Revenue Agency gained the little-noticed new authority, which does not require a judicial warrant, through an amendment tucked into the government's most recent omnibus budget bill.

Previously, confidentiality provisions in the law prevented the agency from handing information about suspected wrongdoing, on its own initiative, to law enforcement.

The new provisions apply to offences including breaking-and-entering, vehicle theft, arson, corruption and kidnapping and allow authorities to relay information about any offence with a minimum prison term or one with a maximum sentence of 14 years.

The list of offences is disturbingly broad and amounts to a fundamental change in allowing the agency to hand information to police without a court-ordered warrant — even when the alleged crimes have nothing to do with taxes, said Toronto lawyer Glen Jennings. THE CANADIAN PRESS

Seal meat. Cherry replies to furor over comments

Don Cherry has responded to the furor that erupted on social media after he called his Coach's Corner co-host Ron MacLean a "savage" and a "barbarian" for eating seal meat.

"Evidently I upset some people about my seal-burger comments," Cherry said in a comment over multiple tweets.

"I have friends who hunt deer and ducks and I myself have eaten venison and duck meat. Just the same as people who hunt seals and eat seal meat. I have no problem with my friends who are hunters and eat venison and duck. Just the same as I have no problem with people who hunt seals and seal meat."

Cherry's controversial comments came on his Coach's Corner segment on Saturday night's Hockey Night in Canada broadcast. MacLean joined Cherry via satellite from St. John's, N.L., and said he had a seal burger at a local restaurant.

It remains to be seen whether Cherry's explanation for his comments will be enough for those who took to Twitter and called on him to apologize, including Environment Minister Leona Aglukkaq.

"Sealing is important to Inuit culture and tradition," Aglukkaq posted. "Mr. Cherry's comments last night were hurtful and insensitive. I hope he apologizes." THE CANADIAN PRESS

Military

Missing artillery case still unsolved

The Canadian army somehow lost three highly-sophisticated, precision-guided artillery shells on its ways out of Afghanistan in an embarrassing case that resulted in an almost two-year investigation.

Investigators pored over five years of artillery supply logs, but could not account for the missing shells believed lost during the country's withdrawal from Kandahar in 2011. THE CANADIAN PRESS

Banff National Park

Search for rescue worker delayed until Monday

After days of waiting for the avalanche risk to subside, Parks Canada searchers were scheduled on Sunday to set foot on the snow that buried a fellow rescuer in Banff National Park. But at the end of the day, as darkness began to fall, the agency released a statement saying the risk of avalanches remained high and would hopefully resume on Monday. THE CANADIAN PRESS

Justin Bieber

Auction nets over $73K for food bank

An eBay auction for some of Justin Bieber's personal items, organized by his grandparents to support Stratford's House of Blessing Food Bank, has ended.

The auction featured Bieber's used Toronto Maple Leafs comforter, a pair of Nike shoes and a ceiling light. The shoes went for $62,000, the comforter was sold for $6,000, the light was bought for $2,000, and a pillow case went for $3,000. THE CANADIAN PRESS

Quebec

French language a hiring roadblock

Quebec universities say they're having trouble recruiting foreign professors due to a French language requirement they say hinders their ability to attract high-skilled, international talent.

Quebec's Immigration Minister Kathleen Weil said in an interview the government made the immigration system more flexible in December, but universities say it is still too complicated. THE CANADIAN PRESS

Jordan. Attacks launched on 56 ISIL targets: General

Jordan has launched 56 airstrikes against the Islamic State of Iraq and the Levant's (ISIL's) weapons depots, training centres and military barracks since militants released a video of them burning a Jordanian pilot to death, Jordan's air force chief said Sunday.

Meanwhile, a squadron of F-16 fighter jets from the United Arab Emirates arrived in Jordan.

The UAE has said it is sending the warplane to support the kingdom, and a Jordanian government official has said they will participate in airstrikes on ISIL targets.

Jordanian officials vowed to harshly retaliate for the slaying of the pilot, Lt. Muath al-Kaseasbeh, who was set ablaze while trapped in a cage.

Since Thursday, the Jordanian air force has attacked and destroyed 56 ISIL targets, the air force chief, Gen. Mansour al-Jabour, told reporters. This includes 19 targets on the first day, 18 on the second and 19 on the third, he said.

"We achieved what we were looking for: Revenge for Muath," the general said. "And this is not the end. This is the beginning."

In recent days, Jordanian officials have delivered tough warnings to Islamic State, saying the retaliation campaign would not stop until the group has been destroyed.

THE ASSOCIATED PRESS

Quoted

"We achieved what we were looking for: Revenge for Muath ... And this is not the end. This is the beginning."

Gen. Mansour al-Jabour

North Korea fired missiles, South Korean official says

North Korea test-fired five short-range missiles into the sea on Sunday in its second such weapons test this year, a South Korean defence official said, amid dimming prospects for the resumption of high-level talks between the rival countries.

The missiles, fired from a North Korean coastal town, flew about 200 kilometres before landing in waters off the country's east coast, a South Korean Defence Ministry official said on condition of anonymity, citing department rules.

North Korea routinely tests missiles, rockets and artillery, but the latest launches came with the two Koreas at odds over terms for a possible summit meeting between their leaders. The two countries last month floated the idea of the summit, which would be the third such meeting since they were divided 70 years ago.

The South Korean official said Sunday's launches were the North's second missile firings this year. THE ASSOCIATED PRESS

Middle East

Ted Cruz not ruling out U.S. ground forces against ISIL

Sen. Ted Cruz, a potential presidential candidate is 2016, isn't ruling out sending United States' ground troops to fight ISIL militants.

The Texas Republican tells ABC's "This Week" that "if need be, we should go that step. But it should be driven by the mission."

Cruz says Iraqi Kurds have a good fighting force, but need to receive arms more effectively from the U.S. Cruz wants to use Kurdish fighters — known as the peshmerga — as the ground forces in combination with U.S.-led airstrikes. He says those fighters are effective and ready. THE ASSOCIATED PRESS

Egypt

At least 25 killed in soccer riot

A riot broke out Sunday night outside of a major soccer game in Egypt, with a stampede and fighting between police and fans killing at least 25 people, authorities said.

The riot began ahead of a match between Egyptian Premier League clubs Zamalek and ENPPI at Air Defence Stadium, east of Cairo. Such attacks in the past have sparked days of violent protests pitting the country's fans against police officers in a nation already on edge. Egypt's public prosecutor issued a statement ordering an investigation. What caused the violence wasn't immediately clear.

THE ASSOCIATED PRESS

Eastern Ukrainian town rocked by weeks of gunfire

Ukrainian military vehicles drive towards Debaltseve on Sunday near the outskirts of Artemivsk in eastern Ukraine. The government-held town of Debaltseve, a key railway junction, has been the epicenter of recent battles between Russian-backed separatists and Ukrainian government troops. For two weeks, the town has been pounded by intense shelling that knocked out power, heat and running water in the dead of winter.

EVGENIY MALOLETKA/THE ASSOCIATED PRESS

Two Sydney café hostages recall plots to stab gunman

Australia. Man Horan Monis took 18 people hostage at Lindt café in the country's capital

Two staff members of a Sydney café revealed in interviews broadcast Sunday how they plotted to stab a gunman who held them hostage during a 16-hour siege in December, while two others described how they escaped the ordeal.

Joel Herat, 21, and Jarrod Morton-Hoffman, 19, said in paid interviews broadcast by Nine Network television that they armed themselves with box cutters after gunman Man Horan Monis took them and 16 other people hostage in the Lindt café in downtown Sydney.

"I've got this knife in my pocket and I know Joel has a knife in his pocket and we are so close, we can do this," Morton-Hoffman said.

"But he had his gun. He had it on his knee and I could see that it was pointed directly at Julie Taylor," a pregnant hostage, Morton-Hoffman said.

Meanwhile, staffers Bae Jie-un, 20, who was on her first day back after a vacation, and Elly Chen, 22, who had been employed for less than a week, told Seven Network television in paid interviews how Bae quietly unbolted an internal door to enable both to escape.

The café's 34-year-old manager, Tori Johnson, was killed after Monis forced him to kneel on the floor and then fired a cartridge to the back of his head with a sawed-off shotgun after a second group of hostages escaped, a coroner's court was told last month.

Police stormed the café, fatally shooting Monis and accidentally killing Katrina Dawson, a 38-year-old lawyer, with bullet fragments that ricocheted.

Monis, a 50-year-old Iranian-born, self-styled cleric with a long criminal history, took the customers and workers captive and forced them to outline his demands in a series of online videos — including that he be permitted to speak to Australia's prime minister and be delivered a flag of the Islamic State of Iraq and the Levant (ISIL), the coroner was told.

The coroner's inquest is looking into how police managed the crisis, including whether snipers should have taken a shot at Monis through the café's windows.

Separately, Prime Minister Tony Abbott last week received a report on a government review of the siege and the events leading to it. The review, expected to be released in a month, examined why Monis was free on bail despite facing a string of violent charges. THE ASSOCIATED PRESS

Quoted

"He was right below me sitting on the lounge and (I thought) do I stab him? What if I miss? What are the consequences of that, you know, who's he going to shoot?" Joel Herat, 21, talks about his thoughts during the siege

U.S. Marine finally facing desertion trial

Marine Cpl. Wassef Ali Hassoun is seen in this 2004 file photo.

THE ASSOCIATED PRESS FILE

A U.S. Marine who vanished from a base in Iraq and later wound up in Lebanon is set to face trial more than a decade after the puzzling case began.

Cpl. Wassef Hassoun's court martial on desertion and other charges starts Monday at Camp Lejeune, N.C.

Defence attorneys maintain that he was kidnapped in 2004 by insurgents and that later, after briefly returning to the U.S., he became tangled up for years in Lebanese courts.

Prosecutors say Hassoun fled his post in Iraq because he was unhappy with his deployment and didn't like how U.S. troops treated Iraqis.

However, a September report from the military equivalent of a grand jury hearing acknowledges that prosecutors could have a hard time proving their largely circumstantial case because of the difficulty in tracking down witnesses.

The case began when Hassoun went missing from a base in Fallujah in June 2004.

Days later, he appeared blindfolded and with a sword poised above his head in a photo purportedly taken by insurgents. An extremist group claimed to be holding him captive.

Not long after that, Hassoun turned up unharmed at the U.S. Embassy in Beirut, Lebanon, saying he'd been kidnapped.

But officials were suspicious, and he was brought back to Camp Lejeune while the military considered charging him with desertion and counts related to a pistol and Humvee he's accused of taking.

THE ASSOCIATED PRESS

«FORCES DE DEFENSE CAMEROUNAISES,
MODELE D'ABNEGATION, DU DON DE SOI ET DE PATRIOTISME
N TROOPS, YOU ARE OUR MODEL OF PATRIOTISM

People take part in a march to show their support for the Cameroon army fighting against Boko Haram militants in the city of Yaounde, Cameroon, Saturday. JOEL KOUAM/THE ASSOCIATED PRESS

Boko Haram hits Niger border town

Violence. Explosion kills one, injures at least six after army repulses attack, minister says

Boko Haram staged an overnight assault on a border town in Niger and a shell struck a market in the same town a few hours later, witnesses and the country's defence minister said Sunday, in a sign the extremists' offensive against the West African nation was intensifying.

The attack on the town of Diffa began Saturday night, and fighting between Boko Haram and Niger's army lasted until 5 a.m. toward the town's southern entrance before the extremists were forced to flee and calm was restored, Diffa resident Adam Boukar said.

It was the second time the town had come under attack by Boko Haram since Friday.

A few hours after the attack was repulsed, a shell fired by Boko Haram struck Diffa's pepper market, which attracts traders and customers from Nigeria and other countries in the region, Defence Minister Mahamadou Karijo told state media Sunday night. Karijo said one person was killed and at least six people were injured in the explosion. No casualty figures were provided for the earlier attack on the town.

Niger's lawmakers are expected to vote Monday on a deployment of troops to fight Boko Haram, and Karijo called for "a large demonstration to support our army."

The minister's account of the market explosion differed from those of several Diffa residents, who earlier in the day said it was a suicide attack, a common tactic employed by Boko Haram at crowded markets and bus stations in Nigeria.

THE ASSOCIATED PRESS

Regional dimension

The fight against Boko Haram has taken on an increasingly regional dimension in recent months, with the extremists staging attacks in both Cameroon and Niger last week alone.

Police arrest teen in mall shooting near Pittsburgh

A teenager who police say opened fire at a Pittsburgh-area mall, shooting his intended target plus a couple, was arrested early Sunday after police used surveillance footage and an Instagram photo to link the suspect to the shooting.

Gunfire erupted inside the men's department on the lower level of Macy's department store at the Monroeville Mall about 7:30 p.m. Saturday, sending panicked shoppers running.

The gunman fled, but police say they were able to identify him by matching surveillance video with an image of the suspect on Instagram, according to the criminal complaint.

Tarod Thornhill, 17, was arrested at a home in Brackenridge about 3:15 a.m. Sunday. He was being held at the Allegheny County Jail pending arraignment on charges as an adult of aggravated assault, attempted homicide and recklessly endangering other people. A preliminary hearing was scheduled for Feb. 18, according to court documents.

Tarod Thornhill COURTESY ALLEGHENY COUNTY POLICE DEPARTMENT

Police Chief Douglas Cole said two men and a woman were shot, including the man who was targeted.

"This was not random," Cole told reporters. "We have evidence that leads to that." He declined to elaborate.

Davon Jones, 20, was in critical condition, Forbes Hospital spokesman Jesse Miller said. The two bystanders, Thomas and Mary Singleton, were listed in critical and fair condition, respectively.

THE ASSOCIATED PRESS

Elsewhere in Pennsylvania

Authorities say a western Pennsylvania teenager charged in the shooting death of another teen took a selfie with the body and sent it to a friend on social media. The 16-year-old boy is charged with homicide and a firearms count in the death of 16-year-old Ryan Mangan, who was found Wednesday evening in his home in Jeannette, Pennsylvania.

Scandal

Bill Cosby cancels Boston shows

Bill Cosby cancelled his Sunday stand-up comedy performances in Boston.

Several Boston-area women's groups said they planned to gather outside the Wilbur Theater and called for the cancellation of Cosby's two Sunday shows.

Helen Gumpel, who appeared in an episode of The Cosby Show, was expected to hold a news conference at a Boston hotel Sunday to talk about sexual advances she alleges the 77-year-old entertainer made. THE ASSOCIATED PRESS

Iran

Now's the time for nuclear deal: Foreign minister

Iranian officials on Sunday signalled a willingness to come to an agreement, with Foreign Minister Mohammed Javad Zarif telling a gathering of the world's top diplomats and defence officials that "this is the opportunity."

The United States and its five negotiating partners, the other members of the U.N. Security Council and Germany, hope to clinch a deal setting long-term limits on Tehran's enrichment of uranium. THE ASSOCIATED PRESS

Tunisia

Thirty-two terror suspects arrested

Tunisian authorities have arrested 32 extremists and thwarted an ambitious plot to attack civilian and military sites around the country, including the Interior Ministry

The spokesman for the Interior Ministry, Mohamed Ali Aroui, said the hunt for other suspects was still underway with plans to comb Kasserine, near Mount Chaambi, near the Algerian border where Muslim radicals are holed up resisting Tunisian soldiers trying to rout them out.

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FEBRUARY 6–13

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PORTAGE PLACE

Google

Mapping service adds local guides

An update to Google's free online map service lets users become local guides who post reviews of businesses and venues in a challenge to Yelp.

Local Guides was described by Google as a global community of top reviewers who reap benefits based on how much they post about businesses they visit.

Promised perks range from access to a monthly newsletter to being featured on the Internet titan's Facebook, Twitter and Google+ pages, along with being sent an annual gift for "high-quality contributions" to Google Maps. **AFP**

Markets

Investors focus on corporate Canada

Investors will be focused on earnings from corporate Canada this week as they assess how badly depressed commodity prices have impacted the bottom lines of resource companies. It has been a challenging time for Canadian resource companies, as prices for metals and oil have been hammered in recent months. Copper prices tumbled 13 per cent in January alone, while oil prices have collapsed, falling 40 per cent since the end of November. **THE CANADIAN PRESS**

'Sharing economy' reshaping markets

Internet. Car-sharing, finance, staffing, accommodation, music and video streaming sectors worth $335B by 2025, estimates research firm PwC

Uber is the best-known platform in the sharing economy. QUIQUE GARCIA/AFP

Want to make a bit of extra cash driving strangers around in your car, taking care of someone's dog, renting your apartment or cooking a meal? Welcome to the sharing economy.

With Internet-based apps and services such as Uber and Airbnb, you make money and the consumer saves. So it's a win-win? That's the multibillion-dollar question.

The new way of operating has been reshaping entire economic sectors, with the promise of improved efficiency and more flexibility.

The spectacular rise of ride-sharing, home-sharing and other services has turned economic models upside down and fuelled complaints that these services skirt rules on safety, consumer protection and labour rights.

Some economists say this "peer-to-peer" model offers numerous advantages by tapping underutilized resources.

The sharing economy "can improve consumer welfare by offering new innovations, more choices, more service differentiation, better prices and higher-quality services," says a study by George Mason University economists.

Christopher Koopman, an author of the George Mason report, said the sharing economy "allows people to take idle capital and turn (it) into revenue sources."

"People are taking spare bedrooms, cars, tools they are not using and becoming their own entrepreneurs."

There is no official definition of the sharing economy. Some include delivery services such as Instacart and Postmates, neighbour-sharing platforms like Peerby, pet-sitting service DogVacay and the restroom service Airpnp.

The research firm PwC estimates that by 2025, five sharing-economy segments (finance, online staffing, accommodation, car sharing and music or video streaming) could be worth $335 billion US, up from $15 billion today.

"The sharing economy will be part of the overall economy going forward," said technology strategist Mary Jesse. "Some industries — like taxi services in transportation and B&B rentals in travel — will be completely transformed, while others, such as financial services, will be only peripherally impacted. This is part of the 'technology revolution,' as well as a new norm." **AFP**

A mechanic works on the engine of a TransAsia Airways ATR aircraft at the Songshan airport in Taipei, Taiwan, on Saturday, three days after one of the carrier's ATRs crashed. WALLY SANTANA/THE ASSOCIATED PRESS

Taiwan. TransAsia meets with crash victims' families

TransAsia Airways representatives met Sunday with relatives of the victims of last week's plane crash in Taiwan to discuss compensation, after it began distributing money to families of the deceased for funeral costs.

At least 40 people died after the propeller jet crashed into the muddy Keelung River minutes after takeoff Wednesday from Taipei's airport. Fifteen of the 58 people aboard the plane were rescued. Divers are trying to find the bodies of three people still missing by using metal detectors to locate their watches or seat belts.

Preliminary investigations indicate the pilots of the TransAsia Airways ATR 72 shut off a running engine after its other engine went idle, a move that aviation experts said was an error.

A TransAsia spokeswoman, Fang Chia-wen, said a second meeting would be held on Wednesday to discuss compensation matters further. She said the airline has already begun distributing 1.2 million Taiwan dollars (about $47,500) per victim to families for funeral expenses. **THE ASSOCIATED PRESS**

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VOICES

TALE OF THE PETTY PRESS RELEASE

Private clubhouses have no place in matters of grave public importance, like the doctor shortage that Manitoba is experiencing

INSIDE THE PERIMETER
Shannon VanRaes

Manitobans are good at many things — things like being friendly, enjoying Slurpees, saving a buck and putting bison in foods where you'd never expect it.

But one thing Manitobans don't seem to be very good at is engaging in provincial politics. Oh sure, we like to bicker and speculate, but when the rubber hits the road, nearly half of all Manitobans miss the mark. Or rather, they simply don't show up to make it.

In the 2011 provincial election, just over 55 per cent of registered voters turned out to cast a ballot, down slightly from the previous provincial election in 2007. Voter turnout peaked at more than 78 per cent in the groovy year that was 1973, but it's been all downhill from there.

We're certainly not alone in our political apathy. Voter turnout has been declining overall in Canada for a number of decades. The question is: why?

In 2013, an Ekos Research poll found that only 10 per cent of Canadians trusted politicians — a positive result if you consider that a poll done by Ipsos-Reid two years earlier put that number closer to five per cent.

With a notable lack of actual debate in the House of Commons, little transparency and a Senate mired in scandal — coupled with internal backstabbing and massive severance payouts at the provincial level — it's not hard to see where the apathy comes from.

But sometimes a little gem that sums it up nicely falls from the sky and into your inbox.

Last week, Manitoba's Opposition Tories put out a media notice telling the reporter folk that there would be a press conference with health critic Myrna Driedger regarding an "alarming doctor shortage."

It included the usual information — time, location — but there was something else. In parentheses were the words "No NDP allowed."

For a second, I was baffled. Was this a press conference on physicians? Or were the Progressive Conservatives about to unveil a super-awesome tree house in some secret location on the legislature grounds? A clubhouse so totally wicked it needed a little sign that said "No NDP allowed" somewhere between the signs forbidding girls and infidels?

The bottom line is that it was petty, unnecessary and disappointing — and ultimately emblematic of the level to which political strategy has devolved.

More disappointing is that while the Tories raised a real and significant issue, they proposed no solution to the problem. Apparently a problem in our health-care system isn't something to be fixed; it's just more political rhetoric.

If politicians want to bring Manitobans back to the polls, they need to offer voters solutions and fresh approaches — actual problem solving. They also need to offer each other a little respect.

Because at the end of the day, Manitobans need new ideas, not old ideologies.

Shannon VanRaes is a Winnipeg-based journalist and photojournalist who spends her days contributing to the Manitoba Co-operator and her nights covering urban affairs. Thanks to the bite of a radioactive spider, she no longer needs to sleep. She can be reached on Twitter @ShannonVanRaes

Your Winnipeg

Hey! Ho! Let's go!

Festival du Voyageur kicks off 10 days of winter fun, music and merriment on Friday. The enormously popular winter festival runs Feb. 13 to Feb. 22. COURTESY FESTIVAL DU VOYAGEUR

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Upcoming

Reminder: Valentine's Day is coming up

Does your sweetie like The Hip? We ask because it's V-Day this Saturday. CONTRIBUTED

OK, people. Consider this a public service. This Saturday is Valentine's Day, and if you have a partner in your life, it's time to think about how to show them you love them. It's important. There are always a multitude of things to do in Winnipeg, but this Valentine's Day, why not take your loved one to a show featuring one of Canada's most beloved bands performing one of their most beloved albums?

The Tragically Hip is in town, performing songs from Fully Completely. There are still some seats available for the performance, although they're going quickly, so get on it. Find tickets at Ticketmaster for the 8 p.m. show.

And before you head to the concert, there are dozens and dozens of restaurants downtown taking Valentine's Day reservations (yes, you're gonna need a reservation, people). But book early — with the Hip concert downtown and Festival du Voyageur next door in St. Boniface, there aren't going to be a lot of seatings left.

Happy Valentine's Day! METRO

metro

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Arranging your piles of money

Planning. Instead of thinking about cash as one big pot, divide it into separate accounts with distinct purposes

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

I've always thought of my money in piles, separate and distinct, each with a purpose or a place: cash flow, emergency, planned spending and long-term saving.

Cash flow

Cash flow is your keeping-it-together-money. It's the money that comes in and goes out every month to pay bills, buy food, and get you from hither to yon. Your budget is the framework for your cash flow. When you get paid, the money flows in. When you pay for something, the money flows out.

If you don't have a budget, you can't possibly be managing your cash flow. Sure, you may feel like you're doing all right, but mental math is a sinkhole and it's only a matter of time before you hurt yourself. If you want to be a master of cash flow, you'll not only make a plan for how you'll use your money (a budget), you'll also use a spending journal to track your day-to-day money activities.

Emergency pile

Emergency is the money you set aside, just in case. You're supposed to build your emergency pile up to six months' worth of essential expenses, which are the things that will keep body and soul together. And this money should be kept in a high-interest savings account so it's easy to get at.

I know it's pretty popular to think that putting that much money in a savings account is stupid because you can't earn enough to beat inflation, but that's not the point of the emergency fund. The point is to have cash available so that when some storm blows in, you have options to deal with it. No money, no options. You'll just have to suck it up.

Planned spending pile

Planned spending is what most people never do. At the start of every year I look at what I spent on gifts the previous year, divide it by 12 and move that amount into my gift account monthly. When the time comes to go shopping, I'm ready.

Tons of stuff falls into the planned spending category. From home maintenance to clothes for the kids, from vacations to that new couch you've been eyeing, if you have to accumulate money so you can make a purchase, it's planned spending.

If you don't accumulate the money and plan to count on your credit cards or line of credit to get you what you want, you shouldn't wonder at your growing debt and your sense that your money is wagging you!

As to where to keep this pile of money and how to track it, I use a high interest savings account for each category (savings accounts are free) and I name it so I'm not confused about what the money is for.

Look for an account paying the best interest rate going so your money isn't sitting completely idle. If you don't want the hassle of multiple accounts, you can pile it all into one account and keep track of the various categories on a spreadsheet.

Long-term saving pile

Long-term saving is the money you don't touch for a long, long, long, long, long time. It's your retirement money. It may be your kids' school money. This money is sacred, so you don't dip into it for any reason. When you slide this money away, it's gone, vamoosed, vanished until the end date when you need it.

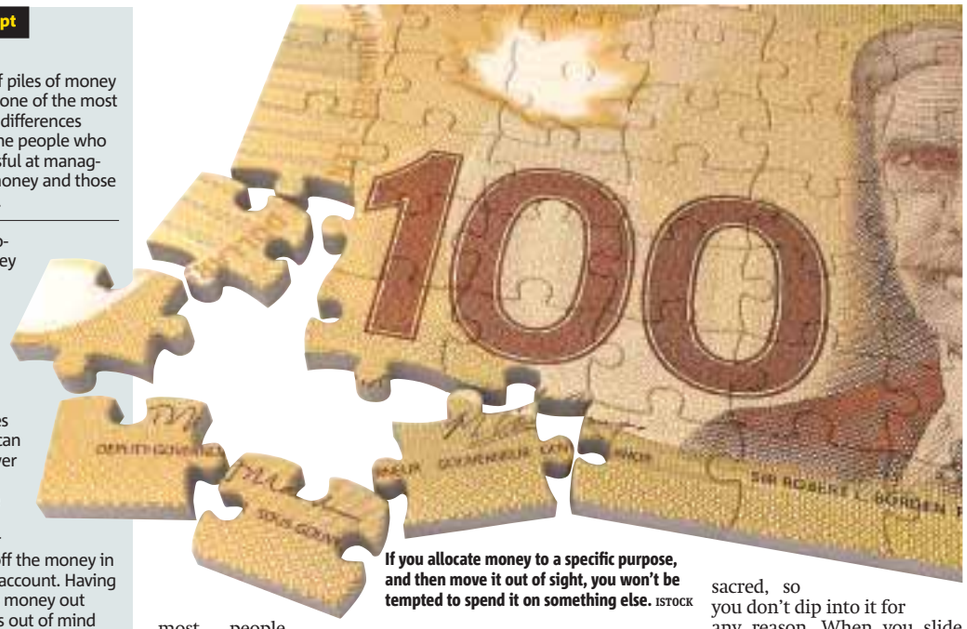
As long as you see savings as something you can tap should the need arise, the previous three piles don't seem as important. Shift your focus to keeping this money socked away no matter what, and you'll soon see how important it is to manage your cash flow, have an emergency fund and plan your spending.

If you can wrap your head around the idea of piles of money instead of one big pot, then you're more likely to keep the amounts you allocate for specific purposes intact.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

A key concept

- The idea of piles of money is perhaps one of the most significant differences between the people who are successful at managing their money and those that aren't.
- Having allocated money to a pile, a body isn't tempted to spend it on anything else. And having piles of money can be a lifesaver if you've got a mate who can't keep his or her hand off the money in the house account. Having moved the money out of sight, it's out of mind until you've got enough to make your purchase.



If you allocate money to a specific purpose, and then move it out of sight, you won't be tempted to spend it on something else. ISTOCK

Mental health. Meditation may keep the brain young

Preserving the brain's most important tissue — the neuron-rich grey matter — could be accomplished through meditation, according to a new study at the University of California at Los Angeles.

As early as the mid-to-late 20s, the brain starts to show the effects of aging, as its volume and weight start to dwindle.

Previous research has suggested that those who practise meditation have less age-related degradation in their white matter, so the UCLA team, whose study was published in the journal Frontiers in Psychology, sought to build on these findings.

"We expected rather small and distinct effects located in some of the regions that had previously been associated with meditating," says co-author Dr. Florian Kurth. "Instead, what we actually observed was a widespread effect of meditation that encompassed regions throughout the entire brain."

In the study, the team compared the brains of 50 participants who had years of experience in meditation with those of 50 more with none in order to understand the relationship between age and grey matter. AFP

Meditating could help preserve grey matter, a study has found. ISTOCK

Brain science

App uses eye tracking to boost concentration

An Israeli startup called Umoove has released an app called uHealth that aims to increase your concentration using a method called eye tracking. The app is designed in the form of two games, one to improve attention, another to hone focus. Scientists increasingly study eye tracking as it relates to brain activity and how we process information, yet smartphone therapy using the method is relatively new. AFP

Diet

Going organic reduces pesticide exposure: Study

A recent study at Boise State University in Idaho says that when it comes to pesticide exposure, organic foods live up to the health hype that's been surrounding them for decades. The research team worked with dietary data from 4,500 people from six cities in the U.S., and found subjects who ate organic produce had significantly less exposure to components called organophosphates than those who didn't. AFP

Acing the video interview

Career. Onscreen interviews pose a variety of unique challenges for candidates

CELINE TARRANT
TalentEgg.ca

If you are using a service like Skype, make sure your username and profile picture are professional and feature your real name. Consider using a professional headshot for the image. ISTOCK

In today's global work environment, remote teams and global work assignments are becoming increasingly common. Video conferencing is now a part of daily business interactions, including job searching and recruiting. Here are a few tips for nailing the onscreen interview:

Location, location, location
A professional setting with no visual distractions is essential for a successful video interview. Even an office or a clean bedroom can still be a distraction to the interviewer: You want all eyes on you during your interview, and nothing in the background grabbing the attention.

For the perfect setting, try to book a meeting room in your library or school building. If you must interview from home, it may be worth setting up a temporary "set" somewhere in the house with a blank wall in the background and no clutter or household items around. Choose a place that is well lit, preferably with natural light. It should also be completely quiet.

Let family and roommates know that you have an interview and that absolute silence is required. Consider putting a sign on the door to remind people, just in case someone tries to come knocking.

Professional appearance
Professional attire is just as important on camera as it is in person. This means a complete outfit — no sweat pants on the bottom.

Be mindful of your fashion choices. Small patterns, shimmery or sheer fabrics, and sparkly accessories appear differently on camera than in person. Opt for a more conservative colour palette and make sure your top is a different colour than your background to avoid the appearance of a floating head.

Dress the same way you would for an in-person interview at the company. If you were visiting their offices, would you wear a full suit? If so, then suit up for your on-camera appearance as well. Dressing up properly will help you "get into the zone" as well.

Mind the time difference
In many cases, if you are interviewing from a different location than the interviewer, there might be a time difference. Confirm with your interviewer if they are in a different time zone, and don't expect them to know your time zone. Keep this in mind when committing to an interview to make sure you don't end up interviewing in the middle of the night.

Cheat!
One of the greatest advantages of doing a video interview instead of in-person is that you can cheat a little bit! You definitely don't want to be reading notes verbatim, but you can definitely have a little cheat sheet with important information to jog your memory up on the screen during your interview, without the interviewer noticing.

Keep notes to a minimum though, limiting it to information that you often forget, or questions that you have prepared for the end of the interview.

Consider keeping your resumé on hand as well so you can refer to it if necessary.

Do a test run

The best thing you can do to prepare for your interview is to do a test run with a friend, using the same computer you will be using for the interview, in the same location and outfit you'll wear the day of the chat.

- Doing a test run is a great way to prevent any technical issues on the day of, and calm your nerves.
- Make sure your friend can hear you clearly, that there is no lag in the video, that the lighting is fine and your outfit looks professional and translates well on camera. Confirm that the Wi-Fi signal is strong enough so you won't need to worry about dropped calls. Have your friend watch for any ticks or habits you might have that look odd onscreen.

Advice

So my boss wants to be best buds

OFFICE SPACE
Eleni Deacon
life@metronews.ca

Dear Metro,
Is it possible for your boss to like you too much? I work at a tiny company, and the CEO is always suggesting we hang out on weekends or grab drinks. He's about 20 years my senior, and I think he wants to live vicariously through a 'cool' younger guy. I like him as a boss, but I want to keep some professional distance. How can I turn him down without hurting his feelings?
— I Just Want to Be Colleagues

Dear IJWTBC,
A lot of underappreciated employees would spend every Saturday with their superior to have your problems. Still, bossmances can be tricky. The manager-minion friendship brings both perks and risks.

Take stock of your boss' interpersonal style. If he's a grudge-holding game-player, keep things business: It's not worth the professional consequences if your off-hours relationship goes splat. To spare his ego, keep your daytime vibe chummy and your rejections respectful. When he throws you an invite, don't get cagey — just say you have plans and wish him good night. He may be disappointed that you're too busy to brunch, but he can't begrudge affable honesty.

If your boss is a solid guy, you might reconsider your all-work-no-play stance. Are you averse to hangs because he's your CEO, or because you're a 'cool' younger guy unaccustomed to socializing outside your age group? You don't have to sacrifice your weekend, but a happy-hour beer could be fun.

Dear Metro,
I started a new job three weeks ago and I already hate it. The work is boring and I don't click with the people. I dread going to the office every morning. It's impossible to imagine myself at this company long-term. How soon is too soon to quit?
—Emergency Exit

Dear EE,
Whether you bail tomorrow or plant for a year, eliminate your what-ifs. Totally, no-questions certain it's not the right place? There's no sense sticking around to save face. Your glum attitude will just poison your work.

But remember that first impressions aren't always lasting impressions. If there's a chance your mind might switch, press pause before hitting eject.

Get to know your colleagues. Get invested in your work. And get rid of any lingering uncertainty over the best next steps. Still dreading Mondays in a few weeks? Get outta there.

Either way, it will probably take time to land somewhere new.

This in-between phase is not a waste — it's a chance to re-evaluate what you need and want from a job. So maybe in your next position, you'll stay put.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

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Today's students not partying as much as mom and dad did at school

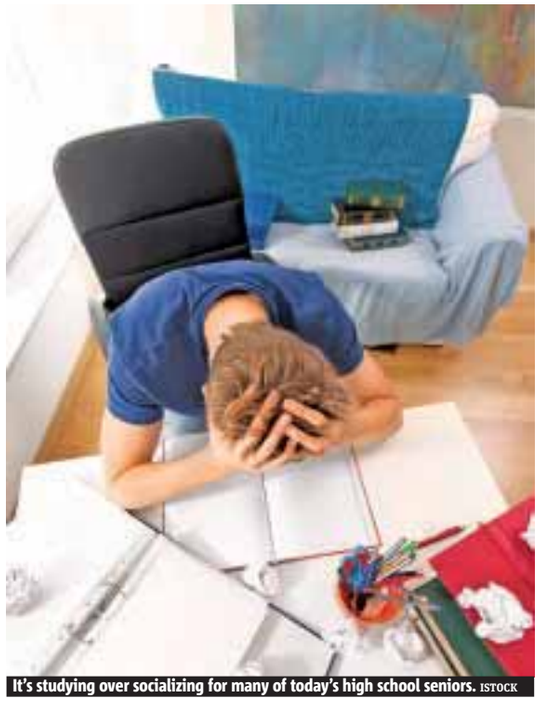
Education. College freshmen focused more on their future during high school, report low emotional health

Today's high school seniors aren't partying and socializing as much as their parents' generation: They're too busy trying to get into post-secondary, and when they get there, some don't feel good about themselves, a new survey reports.

The annual survey of college freshmen by UCLA's Higher Education Research Institute found that incoming students at four-year colleges and universities last fall devoted half as many hours to hanging out with friends during their final year of high school as students who entered college in 1987, when the institute first asked respondents about hobnobbing habits.

The findings rang true to Isabella Galeazi, 18, who is juggling a job at McDonald's and a musical production internship along with a full-time course load at California State University, Fullerton. Balancing her professional and academic responsibilities with her desire for a thriving social life has proven a challenge that sometimes leaves her feeling snowed under, Galeazi said.

"My parents are always saying, 'When they were in school, when they were in school,' but I can show them my math homework and they have no clue how to do it," she said. "The workload is a lot heavier and the work is a lot harder. There is so much pressure to do well in high school or otherwise you won't get into college, and if you don't do well in college, you won't get a job."



It's studying over socializing for many of today's high school seniors. ISTOCK

The survey found that first-year-college students' sense of emotional well-being is at its lowest since the institute first asked the question in 1985.

The results are consistent with other trends that indicate millennials face greater pressure to succeed academically and have less time for fun, said Kevin Eagan, the institute's managing director and an assistant professor at UCLA

"The declines we have seen in time spent partying and the frequency of alcohol use in high school and the increases we have seen in the number of college applications students are submitting and their reporting feeling overwhelmed are all signs students are internalizing this message that they need to take the last year of high school seriously," Eagan said.

In the survey, nearly 39 per cent said they spent five hours or less each week socializing, compared to the 18 per cent who mingled with others that much in 1987. During the same 27-year period, the percentage of students who said they passed six or more hours each week "partying" shrank from 35 per cent in 1987 to nine per cent in 2014.

When asked to rank their emotional health in comparison with their peers, half put themselves in the above-average category. Nearly 12 per cent rated their emotional well-being as below average, a figure that stood at 3.5 per cent in 1985.

THE ASSOCIATED PRESS

Quoted

"There is so much pressure to do well in high school or otherwise you won't get into college, and if you don't do well in college, you won't get a job."

Isabella Galeazi
Student at California State University, Fullerton

Learning. Musical training in youth keeps brain functioning longer

Learning how to play an instrument prior to age 14 and sticking with it for at least 10 years could preserve cognitive skills such as understanding human speech in old age, according to a new Canadian study from the Rotman Research Institute (RRI).

Seniors who fit this description of musical experience were 20 per cent faster when identifying speech sounds than their non-musical counterparts, according to the study, which was published in the Journal of Neuroscience.

"Musical activities are an engaging form of cognitive brain training and we are now seeing robust evidence of brain plasticity from musical training not just in younger brains, but in older brains, too," says lead author Gavin Bidelman, at the time a post-doctoral fellow at the RRI. Bidelman is currently an assistant professor at the University of Memphis.

Dr. Bidelman and his team used electroencephalography (EEG) imaging to assess how well their participants — a group of 20 healthy adults aged 55 to 75 — could classify or identify speech.

Among the participants, half qualified as being musicians according to the study's standards and the other half did not. In a controlled laboratory setting, they put on headphones and were asked to listen to and identify random speech sounds that ranged from simple, single vowel sounds of "ooo" and "ahhh" to ambiguous, mixed sounds that were more difficult to recognize.

Because EEG technology offers ultra-precise measurements of the timing of the brain's electrical activity in response to external stimuli, the researchers say they have strong evidence of the cognitive preservation musical training affords.

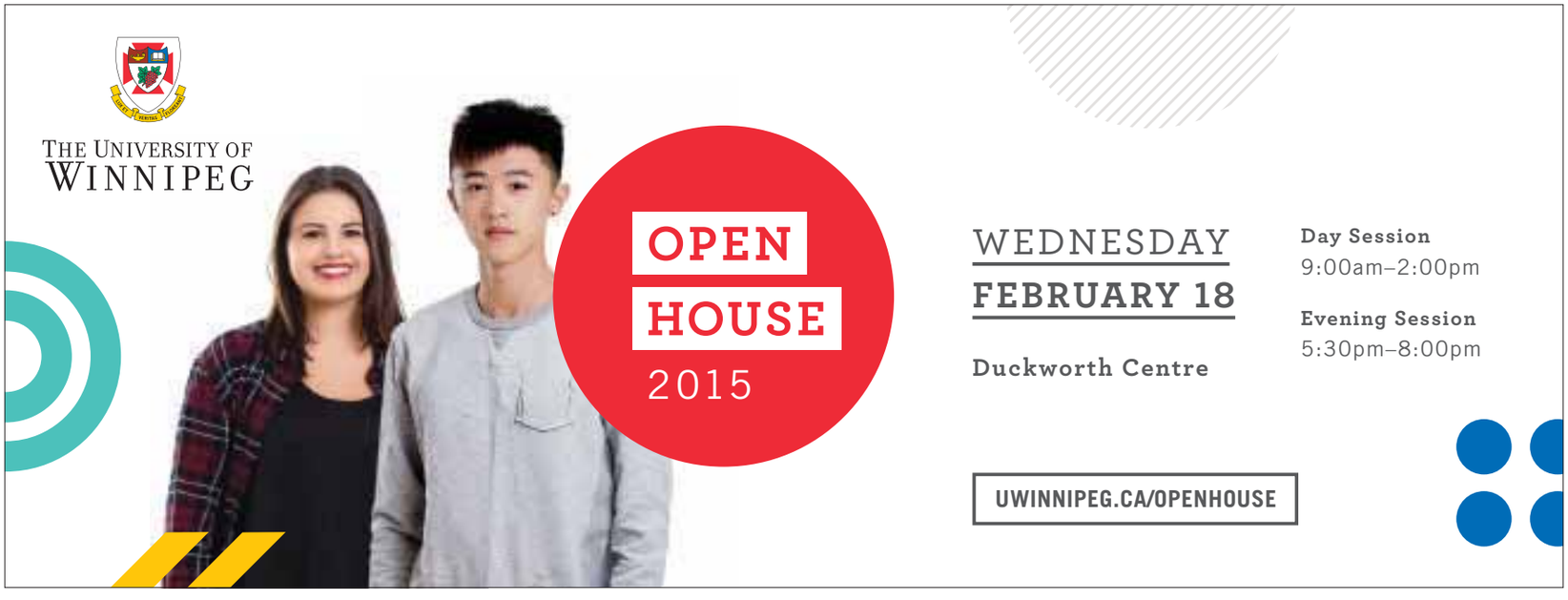
AFP

From instrument to intellect, a little music can go a long way. ISTOCK

Take note

The RRI study is the most recent of many that make the case for the brain benefits of musical training, particularly if it starts during youth.

- While cognitive advantages are most frequently cited, researchers in Vermont recently published a study suggesting that musical training could be more effective than medication for children with psychological disorders.



The secret to making juicy chicken breasts

Dinner. Simmer Mediterranean Chicken with Grape Tomatoes and Mushrooms in stock

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Chicken that is simmered in a tasty stock is incredibly tender when cooked and served in minutes.

The key is to maintain a medium-low heat to prevent the chicken from overcooking and getting dry.

Coating the chicken with flour keeps the juices in.

This recipe allows you to substitute any mushroom of your preference such as button, brown or portobello.

Directions

1. Dust the boneless chicken breast with all-purpose flour. In a hot, large nonstick skillet sprayed with vegetable spray, add the oil and sauté the chicken for 3 minutes or just until lightly browned on all sides. Remove the chicken and set aside.

2. In the same skillet, coated with more vegetable spray, add the oil and sauté the mushrooms on medium heat for 8 minutes or just until tender. Add the stock, olives, plum tomatoes, teardrop tomatoes, garlic, capers and chicken. Cover and simmer on a lower heat for 10 minutes or just until the chicken is cooked.

3. Garnish with parsley, pine nuts and feta.

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Ingredients

- 1 1/2 lb boneless, skinless chicken breasts (about 4 single breasts)
- 1/4 cup all-purpose flour
- 4 tsp vegetable oil (divided)
- 12 oz chopped oyster mushrooms
- 1/2 cup chicken stock
- 1/3 cup pitted diced black olives
- 1 cup diced plum tomatoes
- 3/4 cup halved teardrop or grape tomatoes
- 1 1/2 tsp crushed garlic
- 1 tbsp capers

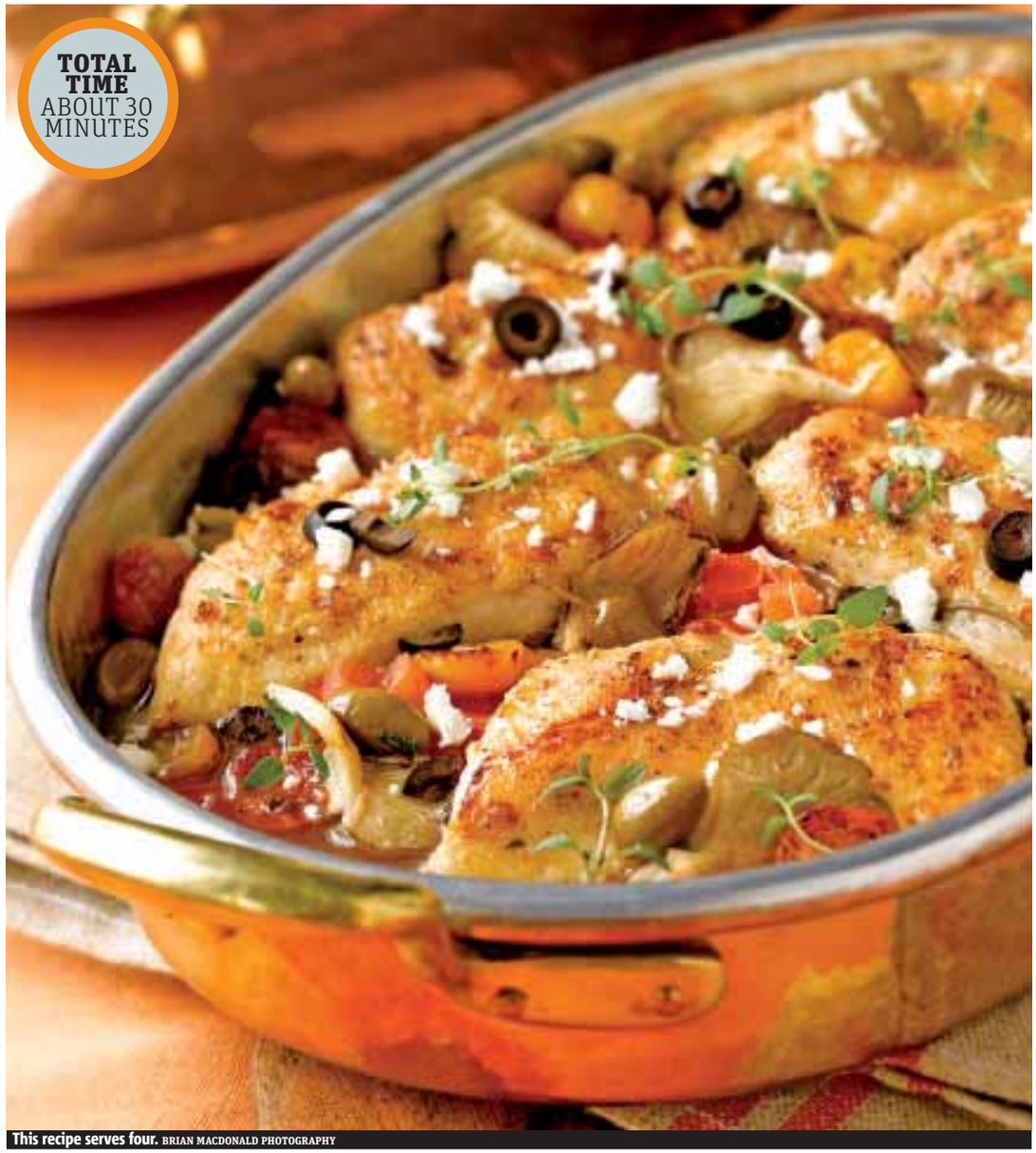
Garnish

- 3 tbsp chopped parsley
- 1 tbsp toasted pine nuts or almonds
- 3 tbsp feta cheese, crumbled

Nutritional information

Per serving

• **Calories.** 368	• **Total fat.** 12 g
• **Carbohydrates.** 14 g	• **Saturated fat.** 2.4 g
• **Fibre.** 4 g	• **Cholesterol.** 105 mg
• **Protein.** 47 g	• **Sodium.** 415 mg



This recipe serves four. BRIAN MACDONALD PHOTOGRAPHY

This recipe serves four. ROSE REISMAN

A sweet take on traditional potato skins

Potato skins are so popular today that I thought I could develop a healthier version using sweet potatoes.

These Roasted Sweet Potato Skins with Tzatziki are incredible and contain an abundance of nutrients.

They have more vitamin C, fewer calories, more fibre and fewer total carbs than the white potato.

The combo of cheeses and tzatziki complement the potato so well.

1. Preheat the oven to 450 F. Pierce the potatoes all over with a fork and microwave on high for 6 minutes or just until they are tender. Slice each potato in half lengthwise and scoop out filling, leaving the shells intact. Store the pulp for a side vegetable dish.

2. Rub the olive oil all over the potato skins and sprinkle all over with salt, pepper and chili powder.

3. Place the potato skins on a baking sheet and bake for 15 minutes, just until skins are crisp.

4. Add grated cheeses and bake for another minute until cheese melts.

5. Garnish the sweet potato skins with green onion and tzatziki sauce.

ROSE REISMAN

Ingredients

- 2 large sweet potatoes
- 1 tbsp olive oil
- Salt and pepper
- 1/8 tsp chili powder
- 1 oz grated mozzarella cheese
- 1 oz grated white old cheddar cheese
- 1 green onion thinly sliced
- 4 tbsp tzatziki sauce

NHL

Hossa's heroics push Blackhawks past Blues

Marian Hossa's power-play goal broke a third-period tie and he clinched it with an empty-netter for the Chicago Blackhawks in a 4-2 victory over the St. Louis Blues on Sunday.

Bryan Bickell had a goal and assisted on the go-ahead tally for Chicago, which also got a goal from Marcus Kruger.

Vladimir Tarasenko and David Backes had a goal apiece for St. Louis, which never led and has lost two straight since a franchise-record 13-game point streak. Standing room attendance of 19,657 was the Blues' 11th sellout and included thousands of red-clad Blackhawks fans.

THE ASSOCIATED PRESS

Flyers earn costly win over Capitals

Wayne Simmonds scored the go-ahead goal early in the third period, and the Philadelphia Flyers beat the Washington Capitals 3-1 Sunday despite losing starting goalie Steve Mason to an injury.

Jakub Voracek added an empty-netter for his 18th of the season, and Mark Streit also scored for the Flyers, who have won five of six.

Mason, who stopped all eight shots he faced, left the ice at 11:18 of the second period and had to be helped to the locker-room. The team later announced he had a lower-body injury.

Ray Emery made five saves in relief.

Alex Ovechkin scored his league-leading 33rd goal for Washington.

THE ASSOCIATED PRESS

Dustin Byfuglien scores his 13th goal of the season past Avalanche goalie Semyon Varlamov on Sunday at the MTS Centre. MARIANNE HELM/GETTY IMAGES

Jets bury streak under Avalanche

NHL. Winnipeg scores four goals in the second to win for the first time in seven games

Mathieu Perreault and Dustin Byfuglien each had a goal and two assists as the Winnipeg Jets halted a six-game slide with a 5-3 win Sunday against the Colorado Avalanche.

Ben Chiarot Bryan Little and Jacob Trouba also scored for the Jets (27-18-10).

Tyson Barrie, Matt Duchene and Alex Tanguay scored for the Avalanche (22-21-11), who are winless in their past three outings.

Michael Hutchinson picked up his 15th win of the season with a 25-save performance for Winnipeg while Semyon Varlamov fell to 14-13-7 on the year for Colorado.

Down 1-0 after one period, the Jets responded by scoring four straight goals in the second.

Perreault tied the game with 2:04 gone, shovelling home his 18th of the year after some good work by Byfuglien and Mark Scheifele to create the scoring chance.

Quoted

"Don't think you can fool me with the operation. The operation is they didn't want you around."

Don Cherry refused to accept the timing of Evander Kane's shoulder injury as anything more than a much-needed separation from the team. Kane will be out for four to six months.

The goal tied a career-high for Perreault, which he set last year as a member of the Anaheim Ducks.

Byfuglien's efforts paid off a few minutes later as he got a stick on a point blast from Little on the power play. Byfuglien's 13th of the season gave the Jets a 2-1 lead at the 5:42 mark.

Ben Chiarot made it 3-1 on his second career NHL goal.

Little fired home his team-leading 21st to give the Jets a commanding 4-1 lead heading into the third period.

THE CANADIAN PRESS

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Clippers given no quarter vs. Thunder

NBA. Durant scores 29, Oklahoma City roll as depleted L.A. struggles

The Los Angeles Clippers stumbled in their first test without Blake Griffin.

The Clippers announced before their game at Oklahoma City on Sunday that the all-star forward would be out indefinitely because of a staph infection in his right elbow. Without him, the Clippers fell to their most lopsided defeat of the season, a 131-108 loss to the Thunder.

Griffin will have surgery Monday in Los Angeles and will be re-evaluated after the all-star break.

"We're depleted right now, but no one feels sorry for us," coach Doc Rivers said. "I don't feel sorry for us. You got to just figure it out and keep playing."

Kevin Durant scored 29 points, Russell Westbrook had 19 points, 11 rebounds and five assists and rookie Mitch McGary added 19 points and 10 rebounds for the Thunder, who shot 52 per cent and moved back above the .500 mark.

Kevin Durant shoots over Clippers forward Matt Barnes on Sunday in Oklahoma City. GETTY IMAGES

McGary, a reserve forward, had missed most of the season with left foot and leg injuries and had played in only two NBA games. He provided energy with his play, then took it up a notch by flexing and beating his chest to exhort the crowd. At one point, he drew a standing ovation.

"I'm a pretty energetic guy, so usually the crowd gets into it," he said. "I always hear loud fans cheering when I enter the game, even when I don't score or anything like that. I ended up having a good game, and all I could do was get the crowd into it even more."

Westbrook said McGary has put in the time to be ready between rehabbing and playing for the D-League Oklahoma City Blue.

"You see how much work he put in over the past month-and-a-half, two months of recovering and getting himself back in," Westbrook said. "To see him get an opportunity was very exciting."

THE ASSOCIATED PRESS

Man United salvages a point

West Ham midfielder Alexandre Song and Manchester United captain Wayne Rooney clash during Sunday's match at the Boleyn Ground in East London. Netherlands midfielder Daley Blind smashed home an injury-time equalizer to rescue a point for Manchester United in a 1-1 pulsating Premier League game. MIKE HEWITT/GETTY IMAGES

NBA all-star game

Lillard to take Griffin's roster spot

Trail Blazers guard Damian Lillard has been added to the all-star team in place of Clippers forward Blake Griffin, who needs surgery for a staph infection in his right elbow.

NBA commissioner Adam Silver added Lillard to the West roster Sunday.

THE ASSOCIATED PRESS

MLB

Reds reach 2-year deal with Frazier

All-star third baseman Todd Frazier and the Cincinnati Reds have agreed to a two-year, $12-million contract, avoiding arbitration.

The Reds announced the deal Sunday on Twitter.

Frazier, who turns 29 on Thursday, gets a $1.5-million signing bonus, a $3-million salary this season and $7.5 million in 2016. He had asked for a one-year deal worth $5.7 million.

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You will find it ridiculously easy to get people to do what you desire over the next few days Take advantage of it.

♉ Taurus
April 21 - May 21
The people you will have to deal with today respect facts and figures, so show them your plans and let them know how you can make them work.

♊ Gemini
May 22 - June 21
There can be no more excuses for putting off something you should have taken care of a long time ago. You can and you must find a way to get it done.

♋ Cancer
June 22 - July 23
Try not to let worries and fears get the better of you today. Cosmic activity in one of the more sensitive areas of your chart means you must consciously and continually strive to stay cheerful.

♌ Leo
July 24 - Aug. 23
If you find you cannot handle a task on your own today don't be shy about getting assistance. Friends and family will rally round if you ask them.

♍ Virgo
Aug. 24 - Sept. 23
If you need to communicate with employers or other important people now is the time. You will find it easy to put across your ideas and make a good impression. Make it seem as if it all comes naturally.

♎ Libra
Sept. 24 - Oct. 23
Tell the truth as you see it. There will be a lot of confusion over the next few days and much of it will be designed to lead you away from what is going on.

♏ Scorpio
Oct. 24 - Nov. 22
Your attitude towards something will harden today and you will refuse to meet others halfway. That's good. The planets indicate you will only get where you want to go if you know your own mind.

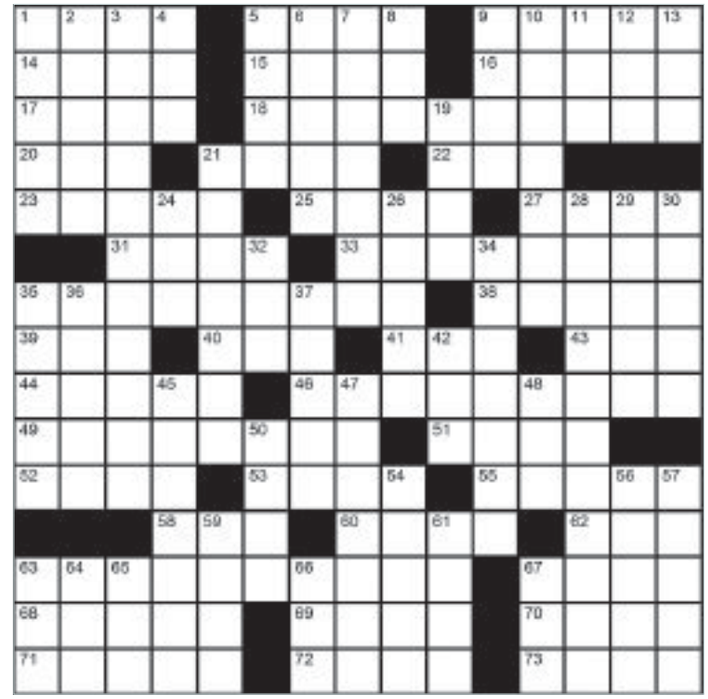
♐ Sagittarius
Nov. 23 - Dec. 21
Spell out what it is you are planning to do and let friends and work colleagues know you could do with some assistance. Chances are they will do whatever they can to help.

♑ Capricorn
Dec. 22 - Jan. 20
You need to let someone know you are under no obligation to do their bidding. This may come as a surprise to them as you have allowed them to get away with so much.

♒ Aquarius
Jan. 21 - Feb. 19
If the plans you made a month back don't seem to be working out the way you intended, trash them today and start again.

♓ Pisces
Feb. 20 - March 20
You need to explain to loved ones why you've done certain things. What matters most is that they can see it is part of a plan and not random.

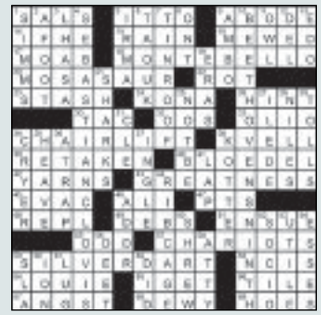
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Genesis guy
5. Half
9. 'Talk' suffix
14. Queue
15. Small batteries
16. Succeed: 2 wds.
17. Repair
18. 007 villain played by #45-Down: 3 wds.
20. Bio info
21. Head: French
22. Basketball play, Alley-__
23. Australia's version of a Sasquatch
25. Norwegian city
27. Celebrated waffle
31. __ __ the finish
33. Restrained
35. Word like Tear or Bow
38. "Madam, I swear I __ __ art at all." - Polonius, in Hamlet
39. Old English letter
40. Earthy prefix
41. 'Danger' suffix
43. Poet's 'always'
44. Ontario: __ Rock (Lake Superior Provincial Park pictographs attraction)
46. Haida Gwaii, BC: Ancient totems village on Anthony Island
49. Disappears
51. Online journal
52. '70s hit: "__ Tu"
53. Joni Mitchell's "The Last Time _ __ Richard"
55. Lyre-playing Muse
58. 'Outer'-meaning prefix
60. Barbarian
62. Garbage can
63. James Cameron and David Cronenberg
67. Troubles
68. Oscar-winner Tatum
69. Mater's mate
70. Give out
71. New Age musician
72. __-les-Mouineaux, France
73. "Ahem..."

Down
1. Cosmetics brand
2. San __, California
3. #28-Down's heroine Miss Shirley: wd. + wd. + wd. + letter
4. Pre-__ student
5. Marquis de __, "Quills" (2000) role
6. Keep one's __ __ the ground
7. Her __, Queen Elizabeth
8. Sport-on-blades fed.
9. Currency exchange fee
10. Some hairpieces
11. Possibilities
12. Truck type
13. 'Ranch' suffix
19. Swag
21. What police might use to disperse crowds: 2 wds.
24. 'Benedict' suffix
26. Kind of drop
28. Setting of Lucy Maud Montgomery's famous work: 2 wds.
29. Jean __ (The Balcony dramatist)
30. Some smells
32. Head-to-__
34. Pool movie, "The __" (1961)
35. 1, 2, 3... Lift!
36. For Better or For Worse dog
37. Canonical hour
42. PC 'key'
45. As per #18-Across... Canadian actor, Joseph __ (b.1918 - d.2009)
47. "The Jeffersons" star Ms. Sanford's
48. 'Super' suffix
50. __ _ snag (Become stuck)
54. Soil crawlers
56. Inclines
57. Start
59. Nero's 951
61. "_ __ can you..." (Anthem opener)
63. Sainte-__, Quebec City sector
64. Celebrity chef Ms. Garten
65. Mr. Dykstra
66. Trombonist Mr. Winding
67. Rapscallion

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

1	6	5	7	8	3	2	4	9
3	8	2	9	5	4	7	6	1
4	9	7	1	2	6	8	3	5
2	5	4	3	6	8	1	9	7
7	3	9	2	4	1	6	5	8
6	1	8	5	9	7	4	2	3
9	2	1	6	7	5	3	8	4
8	7	6	4	3	9	5	1	2
5	4	3	8	1	2	9	7	6

	1					8		
6			9					
				3		7		5
	9			1				
		6	5		8	9		
				4			6	
7		5		8				
					4			8
		3					4	

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